



What's in the box today?

Apples, Paula Red's from Barthel's Fruit Farm in Mequon, Wisconsin

Basil

Cabbage, Green

Carrots

Cilantro

Sage

Garlic

Leeks

Onions, Yellow

Potatoes, Yukon Gold from Springdale farm in Plymouth, Wisconsin

Peppers, Assorted Sweet

Peppers, Poblano & Jalapeno

Winter Squash, Spaghetti



First Leek Harvest

This Friday summer goes kaput for it's the day of the Autumnal Equinox. Sadly enough for warm weather fans like us but it's still considered by many to be a great time of balance, represented by the hours of equal daylight and nighttime. It's customary in many cultures around the world to celebrate all the good things in life during the equinox. It's customary in many cultures around the world to celebrate all the good things in life during the equinox. It's a time for reflection and to give thanks. One idea I read on a list of different ways to celebrate the equinox is to write a gratitude list. This list is a way for yourself to reflect and remind you of all things you're thankful for. On the top of our gratitude list we have both the food we grow and eat, and we

have the people who we grow for. In our country few seemingly consider to value the importance of knowing where their food has been grown. Our time in the business of growing food, and the relationships we created along the way has totally re-shaped our respect for people who care about where their food comes from. It is a total honor to have that connection with you! Hope we're on your gratitude list!

We're also thankful in our lives that we have the ability and the space to grow food. Food insecurity exists all over the world to some degree or another. In our own country statistics claim that one in seven Americans face hunger. As farmers we feel thankful to have the ways and means not only to grow food for ourselves but also to grow food for others who find it important to have an association with us.

It is our hope that someday everyone will have food just as accessible to them as it has been for us.

Access to food starts with having access to a farmer. CSA is the way! Let's make that possible for everyone.

Thank you and have a great week. Eat well!

Cilantro -- also known as coriander or Chinese parsley -- has been proven to chelate toxic metals from our bodies in a relatively short period of time. (The word *chelate* comes from the Greek word for *claw*, and describes a process which acts to engulf and then enable the removal of a highly reactive toxic mineral.)

Combined with the benefits of the other ingredients, the following recipe for Cilantro Chelation Pesto is a powerful tissue cleanser. It is not only easy to make, but also really tasty. It's delicious on toast, baked potatoes, and pasta.

Cilantro Pesto

1 bunch fresh **cilantro**, rinsed and dried (approximately

3 cups, loosely packed)

½ cup grated Parmesan cheese

½ cup roasted pine nuts, walnuts, macadamia nuts or sunflower seeds

2 cloves garlic

1 tablespoon lime juice

½ cup extra virgin olive oil

½ teaspoon sea salt or to taste

Strip the cilantro leaves from the stems and set the leaves aside. Coarsely chop the stems and place them in a food processor or blender. Add the cheese, pine nuts, garlic, lime juice, oil and salt and process to a uniform consistency. Add the leaves and process until the leaves are coarsely chopped.

Makes about 1¼ cup



“ A cabin with plenty of food is better than a hungry castle.”

Irish saying

Jalapeno Cornbread

1 cup buttermilk (or milk)	2 tsp. baking powder
1/4 cup oil, or butter	1/4 tsp. baking soda
2 eggs	1/2 tsp. salt
1 cup cornmeal	2 jalapeno peppers , seeded and finely diced
1 cup all-purpose flour	Sage, whole leaves
2 Tbsp. sugar	

Mix the buttermilk, oil and eggs. Mix the cornmeal, flour, baking powder, baking soda and salt in a large bowl. Mix the dry ingredients in to the wet and then mix in the jalapeno peppers. Melt the butter in 9 x 5 baking pan and place sage leaves on top of the butter. Pour the Mixture into the pan and bake in a preheated 375F/190C oven until a toothpick pushed in the center comes out clean, about 30-40 minutes.

Cream of Poblano Soup with Cheese Crust

1 Tablespoon olive oil
1 Tablespoon butter
3 medium poblano peppers , seeded and chopped (1/4 lb)
2 onions , chopped (.75lb)
1 carrot , chopped (1/2 cup)
5 cups chicken or vegetable stock
4 large potatoes , chopped (1.5lbs)
1/2 cup whipping cream (or yoghurt)
1/3 cup flour
1/3 cup melted butter
2 cups milk
1 Tablespoon cilantro , chopped
8 large tortilla chips
1 cup of monterey jack cheese, grated
Salt & Pepper to taste

Heat the oil and butter in a large saucepan. Add peppers, onions, and carrots and sauté slowly for 5 minutes. Stir in the stock, add the diced potatoes, bring to a boil, then reduce heat and simmer for 30 minutes.

Remove from heat and puree in a blender, solids first to get a smooth texture. Return to the pot. Add the cream and season with salt to taste.

Make a roux by whisking 1/3 cup flour into 1/3 cup melted butter. Whisk in 2 cups milk and cook over very low heat stirring until thickened. Stir in the roux and add salt and pepper to taste.

When ready to serve, bring to simmer and stir in the cilantro. Ladle into oven-proof bowls, top with 2 tortilla chips, sprinkle with cheese, and run under the broiler. Top each bowl with a cilantro leaf and take to the table.

Sage Oatcakes

- 1 Tbsp. butter for greasing the baking sheet
- ¼ cup buttermilk
- ¼ cup honey (warm temperature and liquid)
- 1 ½ cups rolled oats (not soaked; avoid quick or instant oats)
- 1 cup all-purpose flour (gluten free if desired)
- 2 tsp. finely chopped fresh **sage** leaves
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup chilled butter cut into pieces

Mix the buttermilk and honey together until completely combined. Set aside. Place oats, flour, baking soda, and salt in a medium sized bowl. Add the sage. Whisk well. Using your fingertips or a pastry cutter, cut in the butter until the mixture looks like a coarse meal. Add the buttermilk and honey combination and stir just until it forms dough. Form the dough into two disks. Set aside one of the disks. Roll out the other disk on a floured surface until it is ¼ inch in thickness. Using a cookie cutter or glass, cut out rounds or shapes. Place cut dough pieces on the buttered baking sheets. Gather the scrapes of dough, re-roll and continue cutting them out. Then continue with the other disk of dough. Bake oatcakes 10-15 minutes or until the edges are just turning golden brown. Don't overcook! Let cool slightly before eating, or cool completely and store in the refrigerator in a tightly covered container for up to three days. Yield: Makes 15 two-inch diameter oatcakes.

Creamy Leek and Sage Risotto

- ⅓ cup butter
- ½ cup dry white wine
- 3 cups vegetable stock
- 1 ½ cups arborio rice
- ½ cup freshly grated parmesan
- 2 leeks**
- salt
- freshly ground black pepper
- sage** leaf (to garnish)

Wash and trim the leeks, cut the white parts into rings and chop the green parts. Heat 30 g butter and briefly sweat the leeks. Add the rice and stir over the heat until translucent. Stir in the wine, cook until it has evaporated, then add just enough stock to cover the rice. Simmer gently, stirring occasionally, until the liquid has been absorbed then add more stock. Continue in this way, adding more stock when the last addition has been absorbed for 15-20 minutes, by which time the risotto should be creamy, but the rice should still retain a little bite. Stir in the rest of the butter and the grated Parmesan and season to taste with salt and pepper. Garnish with the sage leaves.



Spaghetti Squash Carbonara

- 2 teaspoons salt, divided
- 1 1/4 teaspoons fresh cracked black pepper
- 1 large **spaghetti squash** (about 2 pounds)
- 4 slices bacon, cut into small strips crosswise
- 2 teaspoons minced **garlic**
- 1/4 cup chicken broth
- 2 egg yolks plus 1 whole egg
- 1 cup freshly grated Parmesan cheese

Preheat the oven to 375 degrees F. Prick the squash all over with a fork. Sprinkle with 1 tsp salt and 3/4 tsp. pepper. Roast on a foil lined pan 1 to 1 1/2 hours. (I did 60 minutes but would go longer next time) Let cool a bit. Slice in half lengthwise, scoop out seeds and shred the squash with a fork. Transfer to a large bowl. In a large sauté pan, over medium heat, cook the bacon until it becomes crispy. Add the garlic. Sauté for 1 minute. Add the broth and cook until the liquid has completely evaporated. In a medium bowl, whisk the eggs together with the cheese. Season with the remaining salt and pepper. Combine the eggs with the bacon mixture, warming the eggs in the pan. (Do not let the eggs cook through.) Add the spaghetti squash and toss to thoroughly combine and until squash is heated through. Adjust seasoning, if necessary and serve immediately.